LEADERS SQUARE OFF

metroNEWS

Ottawa metro

Your essential daily news | WEEKEND, AUGUST 7-9, 2015

A SHEAR DELIGHT

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THE BIG TOP RETURNS

As animal rights protesters gather outside the tent

metroNEWS

The World Famous Wallendas will perform with the Shrine Circus in Ottawa on Aug. 7 to 9. CONTRIBUTED

'Beards grow back'

Facial Hair Club leader's beard was burned in June

Nick Kyonka
For Metro | Ottawa

A former head of a local facial hair club is growing a new beard after a stranger torched his face this spring.

Stewart Everitt, 28, said he was getting off a bus near Montreal Road and St. Laurent Boulevard in early June when he felt something "rustling" through his beard.

"I went to get off the bus, and there was a bunch of people coming on through the same door. I felt a little rustling and then my beard buzzed," said Everitt, a founding member and former unofficial leader of the Ottawa Facial Hair Club.

"People touch it and grab it all the time so I didn't think anything of it. But once I was outside I smelled it and felt that it was singed and really thin in the middle."

Everitt said a flame burned through 10 centimetres of his beard, leaving a streak of singed hair down the middle. The flame likely came from a powerful "mini-torch," he said, since regular cigarette lighters don't burn hair that quickly.

By the time he noticed, he added, the bus was pulling away from the stop, and he couldn't see who was responsible. OC Transpo security footage was also inconclusive, showing only a throng of commuters exiting and entering the bus.

Stewart Everitt is regrowing his beard after an incident this spring. CONTRIBUTED

Everitt said the incident forced him to shave his beard entirely for the first time in five years. He's since started work on a new one that now measures four centimetres long.

Importantly, Everitt noted, the flame didn't burn his skin.

"That's why I'm not making a big deal about this," he said. "Beards grow back."

Everitt said he chooses to believe the incident was an accident, and not another appearance-related attack like the high-profile attack on body-piercing artist Calvin Nicol, on Rideau Street in November 2014.

"There was no news of other (similar) attacks," he said, "so I'm calling it an accident."

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ROADS

Crash lawsuits filed

Nine more lawsuits have been filed by individuals involved in the September 2013 Fallowfield crash between an OC Transpo bus and Via Rail train.

"There are nine separate claims that are brought as a result of injuries suffered in the OC Transpo-Via Rail collision," said Ottawa lawyer David Hollingsworth, who is representing the plaintiffs.

There are a variety of defendants named on the documents including the City of Ottawa, Via Rail, the estate of the bus driver and the train conductor.

"Any time there is a collision of this nature and there is nothing that is crystal clear as to liability or one party being 100 per cent at fault we want to make sure that anyone who is potentially liable is involved in the claim," said Hollingsworth.

"In each case, there is some combination of physical injury as well as mental and psychological injury," he said.

The newly filed lawsuits, submitted to the Ottawa Superior Court last Friday, ask for $250,000 each in general damages and join the growing list of legal action taken around the crash.

In January, the family of Michael Bleakney, a passenger who died during the crash, filed for $1.8 million in combined damages. There are at least 20 other lawsuits ongoing.

Six people died in the September 2013 tragedy, including bus driver David Woodard.

None of the allegations filed in the lawsuits has been proven in court, and investigations to determine what cased the fatal crash are ongoing.

In its preliminary report released last September, the Transportation Safety Board said distraction and the speed of the OC Transpo bus might have been factors leading to the collision. The TSB has still not released its final report.

Neither the city nor the other defendants named have filed statements of defence yet for the nine new lawsuits.

In a defence filed for an earlier lawsuit, the city denied responsibility, alleging Via Rail's negligence was a "contributing cause" of the collision.

HALEY RITCHIE/METRO

Taxi drivers prepare for undercover Uber blitz

BYLAWS

Mayor says cabbie videos are a bad idea

Haley Ritchie
Metro | Ottawa

Taxi drivers in Ottawa are taking the fight with Uber into their own hands and cellphones this week, documenting ride-share drivers with secretly recorded footage uploaded to YouTube to try and aid bylaw officers in the Uber crackdown.

But the city's manager of licensing and permits, Phillip Powell, said the video evidence can't be used on its own to charge drivers.

"Video footage on its own cannot be used to substantiate a charge of an unlicensed taxicab operation," he said in an emailed statement. "By-law and Regulatory Services would still be required to conduct its own independent investigation."

Mayor Jim Watson said the videos aren't doing the cabbies any favours. He said they make the drivers look like "thugs."

"It doesn't help the situation when you have this gang or posse that's going around and secretly videotaping people in their cars," he said. "I think it hurts the cause of the cab drivers."

> **"You don't want to see that (taxi) industry die.**
> Mayor Jim Watson

"There is sympathy and empathy for people in the cab industry," added Watson. "To take this vigilante approach and all jam into a cab with a video recorder doesn't make any sense."

Under a YouTube channel named Ottawa Taxi Drivers, the group is uploading numerous videos criticizing Uber.

The video uploaded on Tuesday is called The Reality of UBER and involves a group of cab drivers calling an Uber vehicle in order to collect "evidence" such as plate numbers.

"We're going to do that and order an Uber, videotape it and send it to the City of Ottawa so they can send them tickets," says a man in the video identified as driver Roy Noja.

Noja said the group is planning a larger blitz this weekend.

"We believe that intimidation tactics such as these should give way instead to a constructive dialogue, focused on making available safer, more reliable and affordable transportation options to Ottawans," said Uber Canada spokesperson Susie Heath in an emailed statement.

A total of 110 charges against 54 individual UberX drivers have been laid since Uber began operation in Ottawa in early October 2014, according to the city.

HEALTH A HEARTFELT DONATION Navita Sondhi stands with her husband, Rakesh, outside the University of Ottawa Heart Institute on Thursday after presenting a $12,000 donation to the facility. Navita Sondhi raised the money through her second annual dinner, dance and silent auction last month. Her husband's own heart surgery inspired her efforts. LUCY SCHOLEY/METRO

CAPITAL PRIDE

Parade route out

The Capital Pride event listing is finally out, just in time for the event's relaunch later this month on Aug. 17.

This year the parade route will focus on the village area along Bank Street, ending on Somerset instead of City Hall.

Unlike previous years, there will be no single parade marshal. Instead, festival chair Tammy Dopson said organizers want to celebrate the many individuals in the history of the community.

There are over 40 events this year, ranging from dance parties to workshops to outdoor events. The parade will take place Aug. 23 on the last day of the festivities.

METRO

IN BRIEF

Sound of Light returns

Casino Lac-Leamy's annual Sound of Light fireworks competition kicks off tomorrow evening outside the Canadian Museum of History with the first of five "pyromusical" shows that will run the over the next three weekends.

This year's competition features teams from Spain (Aug. 8), Belgium (Aug. 12), Greece (Aug. 15) and Venezuela (Aug. 19).

The show concludes on Aug. 22 with a grand finale by Canadian pyrotechnic company Royal Pyrotechnie, at which point the competition winner will be announced. METRO

BUSINESS

Dymon doubling down

Dymon Storage Corp. has broken ground on the first of 13 new facilities it plans to build in the Ottawa-Gatineau area over the next five years, marking the start of the company's efforts to double its local storage capacity.

Dymon said in July that a new facility under construction on Greenbank Road near West Hunt Club Road would add approximately 105,000 square feet to its Ottawa-area storage capacity.

The company said it also plans to build 12 more storage facilities across the National Capital Region over the next five years.

"We're bringing large-scale, professionally managed facilities into the heart of the community where our customers live and work," Glen Luckman, Dymon's CEO, said in an email Thursday.

All told, the new facilities will add an additional 1.6 million square feet to the company's total local storage capacity, bringing its total capacity to more than three million square feet, the company said.

Constructing those facilities will cost about $250 million and will result in about "100 new jobs to the local economy," Luckman said.

NICK KYONKA/FOR METRO

5 WAYS TO GET YOUR FOODIE FIX THIS WEEKEND

Usually, we like to let you know every Friday what activities and events are going on in the city, culinary or not. But this week, our events are all about the food (well, some dance, music and games — but mostly food).

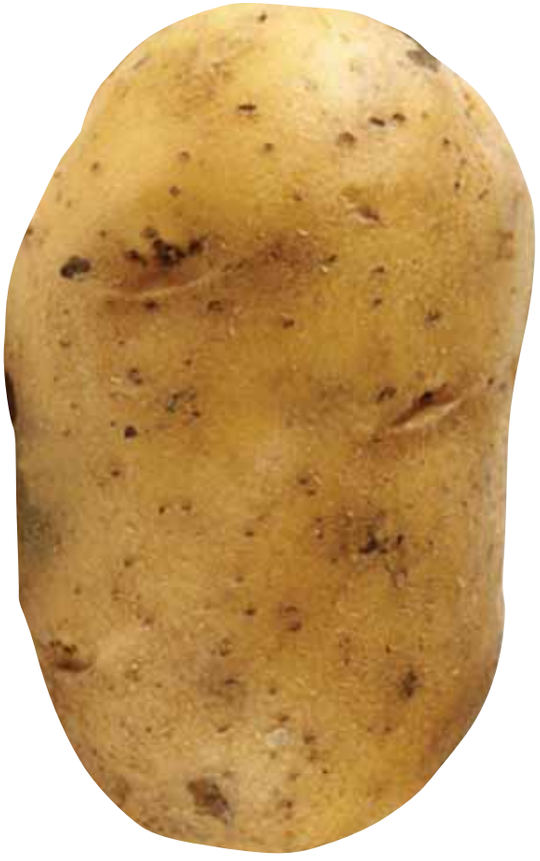
HALEY RITCHIE METRO

1 Festival of India (all weekend)

Marion Dewar Plaza outside city hall will be brimming with Indian cuisine for breakfast, lunch and dinner. Food is only part of the attraction; all day long, there will be plenty of live music and dance, including Monsoon and Delhi 2 Dublin. Workshops include cooking classes, henna, saree lessons and a Holi celebration with coloured powder.

2 Jamaica Fest (Saturday)

JAMDAY in Mooney's Bay Park promises to bring the music, songs, stories and food of Jamaica to Ottawa on Saturday from noon to night. Regular tickets are $20 and include live music by Fabian Marley, Luciano, Mackendy and more. There will also be dancing contests and traditional games.



3 Potato Fest (Friday)

The lowly potato doesn't have a reputation for excitement, but it's the star of the show Friday at the ByWard Market. During Potato Fest, running from 11 a.m. to 5 p.m., visitors can get lunch from the Hot Potato Co. and enjoy music. Variations on the classic baked veggie include fresh local salsa and cheese curds.

4 Taco Fest (Saturday)

For the second year in a row, Ottawa's best taco makers will convene at the Shaw Centre to put new and international spins on an old favourite. The festival is put on by Privé, which also ran the 613 Night Market and Ottawa noodle fest. Tickets are $15 at the door or $10 in advance). The festival runs from 5 p.m. to 10 p.m.

5 Ottawa Makers Market (Saturday)

There's a lot more than food on offer at the August edition of the Ottawa Makers Market, a place to pick up locally crafted goods.

The market runs Saturday from 12 p.m. to 5 p.m. at the Rideau Curling Club, 715 Cooper St. If you're looking to chow down, options range from produce canned in Lowertown to vegan-friendly ice cream made from Canadian oats.

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Marc-André Chainey, cofounder and owner of Waller St. Brewing, where growlers are filled with Bootleg Blond, Speakeasy Red and Moonlight Porter. LUCY SCHOLEY/METRO

Micropub taps speakeasy style

FOOD AND DRINK

Waller St. Brewing opens downtown

Lucy Scholey
Metro | Ottawa

Tiny, dimly lit and underground — if it were not for the small sign out front, Waller St. Brewing would truly feel like a prohibition-era pub.

The new downtown brew spot at 14 Waller St., underneath the Lunenburg Pub, is housed in an 1866 building that was originally a livery stable and, more recently, home to Alfie's Pub.

The stained glass and mahogany bar of the former whisky pub were part of that bar's own 1930s-era theme.

"It kind of goes with the look and feel of the place," said Marc-André Chainey, a co-founder and owner of the pub, while standing before black-and-white prohibition-era photos and bags of malt along the wall. "There's a lot more to the prohibition era than just the mob and the crime. There was a whole social movement that happened … it's also the birth of jazz music."

A home brewer of six years, the bridge engineer initially saw beer-making as a stepping stone to opening a distillery. That dream has not died (he's still working on creating the Canadian version of a smoky single malt).

"I basically fell in love with brewing because the process is a very challenging thing to master. It's a really, really fun combination of art and science," he said.

He teamed up with fellow engineer Elie Dagher and George Bush (no, not the former U.S. president). They planned on opening last summer, but ran into unexpected delays.

The small-scale brewery will pump out about 1,200 litres of beer a week and there's only room for about 30 patrons at a time. Interested parties can head out back to observe the custom-built malt mill, brew house, boil house and stainless steel tank bought off Kijiji.

"The brewing system — definitely one-of-a-kind," he said. "There's a lot of space constrictions. That sketchy staircase is our biggest opening to get equipment down here and the height of the roof is very, very low for brew standards. You shouldn't be able to touch the roof."

Growlers are filled with Bootleg Blond, Speakeasy Red, Moonlight Porter and the seasonal Hideaway Hefe, which has a fruity, banana taste.

While microbreweries have been trendy for a few years now, Lowertown Brewery is the only other brew spot of its kind in the ByWard Market.

"It's kind of a different beast, a different feel," said Chainey. "The population density is definitely an appeal to the location. That's definitely what we want to do is focus on being a neighbourhood brewery."

They are working on getting accounts with restaurants and pubs in the area, but for now, they are set on making more beer.

"The game plan right now is to open tomorrow," he said.

HAPPY HOUR

Free beer samples Friday

Head over to Waller St. Brewing for happy hour — or a liquid lunch — between noon and 11 p.m. on Friday. It's in the basement of 14 Waller St. There will be bite-sized snacks as well as free beer samples.

Otherwise, the venue will be open Thursdays and Fridays from 5 p.m. to 8 p.m. and Saturdays from 1 p.m. to 5 p.m.

The first growler costs $10. Refills cost $6.

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Animal rights protesters plan to hit Shrine Circus

RA CENTRE

The big top back in town and with it, so is PETA

Lucy Scholey
Metro | Ottawa

The circus is back in Ottawa, but spectators can expect to see action outside the tent again, as protesters gear up for the weekend.

A PETA representative confirmed the organization is teaming up with Ottawa Against Circus Cruelty to protest the Shrine Circus, which will be at the RA Centre Aug. 7 to 9. Protesters have accused organizers of the 252-year-old Shrine Circus of abusing and mistreating animals.

But Larry Solheim, general manager with the Shrine Circus, said they would never allow that kind of behaviour. The animals are healthy and well cared for, he said.

"Most of those people have never even seen our circus," he said. "What they do is they look on the Internet and they read information on other people — misleading information — and they don't know anything about us."

Further, he said the trainers have been part of the act for years — sometimes generations — and form a family-like bond with the elephants.

"The people that are working with the elephants now grew up as children around them, so the elephants have known them since they were babies," he said. "It's a really different kind of communication and bond than you'd see in a zoo where your handlers change all the time."

Workers set up for the Shrine Circus at the RA Centre in Ottawa on Thursday. The show is in the city Aug. 7 to 9. LUCY SCHOLEY/METRO

> **Most of those people have never even seen our circus. What they do is they look on the Internet and they read information on other people — misleading information — and they don't know anything about us.**
> Larry Solheim, GM of Shrine Circus

The elephants are the number one attraction of the show, he said. Two summers ago, then-circus chairman Lionel Rowe was accused of putting a protester in a chokehold and stealing his hat. Ottawa police later charged Rowe with assault and theft under $5,000.

The alleged assault was caught on video and posted to Youtube. The woman who took the video, Michele Thorn, is coordinating this year's protest.

According to a report in the Recorder and Times, protesters from the Ottawa area attended the show in Brockville earlier this week. Police were called to the scene, but no charges were laid after protesters agreed to step back from the animals.

Apart from the two female elephants and 10 horses, there will be 24 performers swinging through the trapeze, walking tightropes, clowning around and motorcycling through a "globe of fire."

Solheim is expecting about 10,000 to 14,000 people through the big top over the weekend.

"When you compare that with the 10 or so people that will be standing in the street corner opposing it — the numbers are kind of skewed," he said.

OTTAWA MPPS

Wynne's criticism of Harper backed

Two Ottawa-area Liberal MPPs are siding with their leader in her attack against Prime Minister Stephen Harper.

Premier Kathleen Wynne has been urging voters to turf Prime Minister Stephen Harper for refusing her Ontario Retirement Pension Plan.

"The present Harper Government has been particularly mean to Ontario, if I can put it that way," said Bob Chiarelli, Minister of Energy and MPP for Ottawa West-Nepean, during an unrelated funding announcement at the Ottawa-Carleton Association for Persons with Developmental Disabilities on Thursday.

Ontario pension plan aside, Chiarelli said the federal government has been "shortchanging Ontario" in giving more financial support to Quebec for new immigrants. However, he said they do work collaboratively, like in creating a national securities industry regulator.

> **The present Harper Government has been particularly mean to Ontario.**
> Minister of Energy Bob Chiarelli

Ottawa–Orléans MPP Marie-France Lalonde said Ontario needs a "friend" at the federal level, although she did say she has "excellent relationship" with Conservative Ottawa-Orléans MP Royal Galipeau.

"The respect that Mr. Harper has shown to our premier is disgraceful," she said. Like Wynne, both MPPs are backing Liberal Leader Justin Trudeau. WITH FILES FROM TORSTAR NEWS SERVICE

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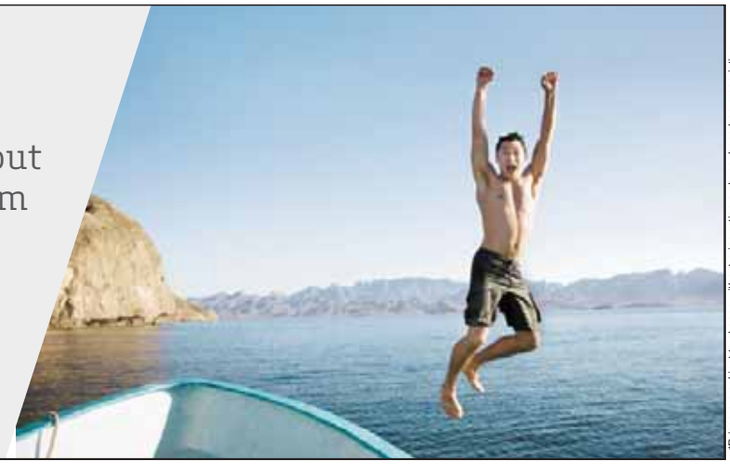

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Warner Schaettgen, 8, who transitioned to being a girl in Grade 1, and her mother, Melissa. The family recently got an award from Family Services Ottawa for their advocacy work on behalf of transgender youth. JESSICA CUNHA/METROLAND MEDIA

No more hiding for trans child

ACTIVISM

Two families get awards for advocacy work

"Mommy, God made a mistake. I'm really a little girl."

This truth, spoken by a then 2-1/2-year-old Warner Schaettgen, has led her West Carleton family on a journey of self-discovery and prompted advocacy work for their daughter and for others who are transgender, gender creative and gender fluid.

The Schaettgen family — along with Stittsville's Lowthian-Rickert family — were recently presented with a Joan Gullen Award from Family Services Ottawa, which came "as a complete shock," said Warner's mother, Melissa.

The award recognizes their activism to help create a support and social group where transgender children, and their parents, can make friends and connections and find resources.

The Schaettgens have also been instrumental in helping St. Michael School in Corkery and the Catholic school board create gender-inclusive policies, and have spoken on numerous medical panels about their experiences.

The Schaettgens never set out to be the face of transgender rights, said Melissa, but the family realized the importance of speaking out to ensure they — and families like theirs — are heard.

The fear of social rejection and bullying kept the Schaettgens quiet for six years. They were told by other families with transgender children and by doctors to be prepared to move should they choose to go public, said Melissa.

"Most families live in constant fear, constant fear and in hiding and don't even fathom the idea of coming out and letting their children live free and openly," she said.

This was something the West Carleton family — which includes Warner's father Elmar, twin brother Emery, and older brothers RJ and Bradly — learned firsthand back in August 2013 when Warner transitioned in Grade 1 and the family came out of hiding.

Warner is like any other eight-year-old — bright and curious and full of energy.

"I do have lots of energy," she says, swinging her legs and bouncing in her seat outside Alice's Café in Carp, Ont.

When Warner told her parents she was a girl they didn't, at first, accept it. They contacted their family doctor and were directed to the Diversity Clinic for Children and Youth at the Children's Hospital of Eastern Ontario.

The doctors all told them the same thing: "Listen to your child."

"We couldn't listen though. We were so closed-minded we couldn't listen," said Melissa. She bought Warner a dress and let her wear it around the house but never in public. They told no one.

Everything changed just before Warner was to start Grade 1. It was time for back-to-school clothes shopping and haircuts.

It was the moment real fear set in.

"She freaked and said, 'I would rather die than have to look like a boy.' You're talking about a five-year-old child saying that to you," said Melissa.

The family went back to CHEO. Melissa said they were told the same thing by medical professionals: "Listen to your child. If you want to see your child survive to their teen years — the statistics alone will tell you what to do."

The family listened. Together, they all weighed the options: pack up and start over somewhere new, as other families have done, or stay and see if they could help create awareness and educate people.

They stayed.

Although the family's fight for transgender rights isn't over, Melissa says she is thankful for the support the family has received from parents, the school and the community.

Now loved, accepted and free to be herself, Warner is happy.

"My life is awesome," she says.

"When we accepted it we got this happy, wonderful, beautiful girl," says Melissa. "And she knows who she is."

JESSICA CUNHA / METROLAND MEDIA

> **She freaked and said, 'I would rather die than have to look like a boy.' You're talking about a five-year-old child saying that to you.**
> Melissa Schaettgen, mother of Warner, 8

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Notley hits back at PM

POLITICS

Harper slams NDP move to raise personal, corporate tax

Robson Fletcher
Metro | Calgary

Alberta Premier Rachel Notley spoke Thursday directly in response to Stephen Harper's assertion earlier in the week that her government's tax policy has already been an "absolute disaster," but she didn't mention the Conservative leader by name.

"I completely reject the Conservative campaign's comments about the decisions of the people of Alberta that they made last spring," Notley told reporters Thursday.

"Whether their federal cousins like it or not, the people of Alberta decided they'd had enough of the Conservative government in this province and they decided to elect a new government."

The premier said her government was simply following through on a campaign promise when it scrapped the "unfair health levy" proposed by the Progressive Conservatives prior to the May election and instead increased the provincial corporate tax rate and the personal income tax rates of people earning $125,000 or more.

Presented with differing policy options during the election campaign, Notley said, "the people of Alberta made their choice."

"So we're going to keep working to deliver on the commitments that we made to the people of Alberta," the premier said.

"And we will work to advance those commitments with whoever is elected to run the federal government on Oct. 19 as amicably and as cooperatively as they choose to allow."

At a campaign stop on Monday, Harper criticized Notley's decision to delay a provincial budget until October while still acting to boost the corporate tax rate to 12 per cent from its previous level of 10 per cent.

Alberta Premier Rachel Notley fields questions at the summer meeting of Canada's premiers in St. John's in July. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

The NDP is also replacing Alberta's flat income tax structure for individuals with a structure that sees rates begin to rise on annual incomes of $125,000 or more.

"The new NDP government — they can't present a budget, but what was the first thing they did? They raised taxes, and that's a disaster, an absolute disaster," Harper said.

CHRIS HYNDMAN

Death during sleepwalking rare, researchers say

Chris Hyndman, right, with Steven Sabados. RYAN EMBERLEY/ THE CANADIAN PRESS FILE

A mother's suggestion that her son, TV personality Chris Hyndman, plunged to his death while sleepwalking has shone a light on the dangers associated with the disorder.

Glenda Hyndman told the Toronto Star that she believed her son fell to his death while sleepwalking on the terrace of the downtown Toronto home he shared with his husband and professional partner Steven Sabados.

Sleep researchers say there have been documented cases in which sleepwalkers engage in very complex activities and wind up inflicting harm on themselves or others. However, they say those cases make up the extreme minority of the situations they encounter.

Hyndman, co-star of CBC fashion and design show Steven and Chris, was found lying in an alleyway outside his home late Monday evening. Police have not identified a cause of death but have suggested that there is no criminal investigation underway.

Colleen Carney, director of the Sleep and Depression Laboratory at Ryerson University, said Hyndman's death would be a tragic rarity if it was caused by a fatal sleepwalking accident.

"Injuries during sleepwalking tend to be mild, but there's tremendous variability in sleepwalking and also the severity of it," Carney said in a telephone interview.

Somnambulance is already an unusual disorder to encounter in adults.

Dr. Sat Sharma, medical director for Toronto's Centre for Sleep and Chronobiology, said that less than one per cent of the adult population suffers from the condition, which is most prevalent in childhood.

Sharma said most sleepwalkers confine themselves to wandering aimlessly in their homes and usually find themselves unable to perform complex tasks like unlocking doors or taking themselves further afield.

THE CANADIAN PRESS

ALCOHOLISM

Online AA sites on rise

Face-to-face meetings are more effective than online groups for those trying to curb alcohol abuse, but use of web-based sobriety support sites is steadily growing, an international survey has found.

The survey of 196 adults with alcohol addiction, including some Canadians, was presented Thursday at the American Psychological Association's annual convention in Toronto.

"Face-to-face killed it, crushed it," said lead researcher Don Grant of Fielding Graduate University in Santa Barbara, Calif., referring to in-person meetings versus online, or mediated, peer support for alcohol dependence.

"What we found was a very significant positive correlation between face-to-face participation and sobriety success and no correlation between mediated support and sobriety success," Grant, a psychologist and addictions counsellor, said.

Participants in the study completed a survey to measure their behaviours and opinions regarding 12-step meetings like those conducted by Alcoholics Anonymous and online sobriety support systems.

While respondents overall reported preferring face-to-face meetings, online support was increasingly being used, the study found.

"Sadly, they are reporting that they are decreasing their face-to-face meetings. They're going and engaging more online," said Grant, who credits going to AA meetings for helping him achieve almost 14 years of sobriety.

"It did show enough of a migration to online to show that AA face-to-face could be in trouble."

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Mulcair loses debate

ELECTION 2015

NDP boss disappoints as federal leaders face off

Steve Rennie
Metro | Ottawa

There were no knockout blows, no "You had an option, sir!" moments.

The first — and perhaps only — debate of this marathon federal election campaign to feature all of the major party leaders may not have had a clear winner, but arguably Tom Mulcair came out as the weakest performer when the NDP leader needed a strong performance the most. And that left the real debate, at least in the early stages, between Stephen Harper and Liberal Leader Justin Trudeau.

Here's my view of who owned each of the issues that arose over the course of the two-hour televised debate.

The Economy

Who excelled: Trudeau

Why: He went on the attack early and had Harper on his heels. He made the debate about him and Harper, while excluding Mulcair.

The Environment and Energy

Who excelled: Debate moderator Paul Wells of Maclean's

Why: He put Harper on his heels better than any of the party leaders by pointing out that the prime minister has been promising emissions regulations since 2008.

Democracy

Who excelled: A toss-up between Trudeau and Mulcair

Why: Trudeau scored when he responded "nine... nine Supreme Court justices" when asked by Mulcair what his acceptable per cent would be for a Yes side win in a referendum on Quebec's sovereignty. Mulcair was strong in going after Harper on the Senate.

Liberal leader Justin Trudeau, Green Party leader Elizabeth May and NDP Leader Tom Mulcair listen as Conservative Leader Stephen Harper speaks during the first federal leaders debate, Thursday, in Toronto. POOL/FRANK GUNN/GETTY IMAGES

Foreign Policy and Security

Who excelled: Harper

Why: He kept the focus on ISIL — and managed to pivot away from talk of veterans, where he was vulnerable — in a subject area he probably relished talking about nearly as much as the economy.

Each leader went into the debate with a specific objective. Harper had to convince voters that his Conservatives are the only political party that can keep the economy on track and keep Canadians safe from whatever threats might be out there.

Mulcair had to introduce himself to Canadians and come off as the prime minister-in-waiting. He had to convince voters — some of whom might never have dreamed of voting for the NDP — that his party is the only one that has a shot at ousting the Conservatives from power.

Trudeau has to show people that he is not the lightweight that the Conservatives and NDP have made him out to be. He had to appear as different from Harper and Mulcair as he possibly could — a cheerful, optimistic antithesis to their rough-and-tumble politics.

Elizabeth May had to convince people that a vote for the Greens is not a wasted vote, and that her party could wind up holding the balance of power in a minority government.

Stephen Harper: B+

He took a number of body blows but stayed on his feet. He benefited from the final round being on security and foreign affairs.

Justin Trudeau: A-

He succeeded early on in making the debate between him and Harper. He had a strong first round. Probably exceeded expectations.

Tom Mulcair: B

He looked uncomfortable and a bit wooden at times and found himself on the outside looking in as Trudeau and Harper scrapped early on.

Elizabeth May: A

It's an easy A to give out. May went into the debate with little to lose. She was likeable and articulate. Came across as the conscience of the debate.

> **The way you deal with this is by sticking with a plan that is working.**
> Stephen Harper

> **Honestly, Mr. Harper's plan simply isn't working. We know that.**
> Thomas Mulcair

> **The only risk right now would be sticking with what has been a failed plan.**
> Justin Trudeau

> **I don't really think he's got a good track record on spotting when this country is in recession.**
> Elizabeth May

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AMERICA VOTES

With Bush critiques, Clinton tries to blast the surge of Trump

Ten Republican candidates for U.S. president in 2016 debated last night for first time.

Spend any time listening to Democratic frontrunner Hillary Clinton this past week, though, and it would seem like only one really matters: Jeb Bush.

As billionaire businessman Donald Trump thunders his way to the top of the summertime polls, Clinton has instead focused on the former Florida governor as one of the most likely — and potentially threatening — Republican nominees.

Clinton repeatedly slammed Bush by name earlier this week after he questioned spending public money on women's health issues, a more direct attack after she slyly stung him last Friday by using the name of his super political action committee and slogan of his campaign — Right to Rise — to paint him as setting back the cause of black Americans.

"People can't rise if they can't afford health care. They can't rise if the minimum wage is too low to live on," Clinton told the annual meeting of the National Urban League, as Bush waited in the wings to take his turn on stage.

For months, Clinton and her team have tried to keep her above the political fray. But with her approval rating sinking in several polls, they've moved to reframe the race as a choice between two different ideologies rather than a referendum on her family foundation, email usage and other controversies.

Trump's rise has complicated that effort: While Democrats generally view the carnival-like atmosphere the billionaire businessman brings to Republican field as a positive for Clinton, there is concern that his dominance has allowed other potential nominees to get a free pass on such issues.

Clinton's staff says their assessment of the Republican field fluctuates by the poll, the week — even by the day. Right now, they see Bush, Florida Sen. Marco Rubio and Wisconsin Gov. Scott Walker as the most likely to win the nomination.

THE ASSOCIATED PRESS

Republican presidential candidate Donald Trump looks toward Jeb Bush, right, as Scott Walker watches during the first Republican presidential debate at the Quicken Loans Arena in Cleveland, Thursday. ANDREW HARNIK/THE ASSOCIATED PRESS

Malaysian Transport Minister Liow Tiong Lai speaks during a news conference on the missing Malaysia Airlines Flight MH370 in Putrajaya, Malaysia, Thursday. THE ASSOCIATED PRESS

Flight 370 families upset over probe

MALAYSIA AIRLINES

Australia, France unable to confirm wing flap origin

The Malaysian government was certain: The airplane part found on an Indian Ocean island came from Malaysia Airlines Flight 370. Investigators in France weren't so sure quite yet.

And those differing approaches created confusion and anguish Thursday for the families of those aboard the ill-fated flight.

"From our first observation, the colour tone and all maintenance records that we have, we know," Malaysian Transport Minister Liow Tiong Lai said. "Our records show that it's the same as MH370."

He added that there are "many other technical details that I do not have to reveal" that confirm the part is from Flight 370.

Malaysian Prime Minister Najib Razak announced early Thursday that the piece of debris, known as a flaperon, came from the doomed aircraft, but authorities in France, the U.S. and Australia have stopped short of full confirmation.

The dissonant comments infuriated many relatives of the 239 people on board the plane, who have waited more than 500 days for concrete clues into the fate of their loved ones. Dai Shuqin, the sister of a passenger, was among about a dozen Chinese relatives who held a demonstration outside Malaysia Airlines' offices in Beijing.

"France is being cautious about it, but Malaysia is desperate to put an end to this case and run away from all responsibilities," she said.

Liow said differences with other countries amounted to "a choice of words."

He also said more debris has been found on Reunion Island and was sent to local authorities for French investigators to examine. However, the Paris prosecutor's office, which is spearheading a French legal inquiry into the crash, denied that investigators had any new debris, and multiple French officials involved in the investigation in Reunion and in Paris said they also were unaware of a new discovery.

The officials requested anonymity, because they did not want to appear critical of the Malaysian investigation, but those contradictory statements about new debris threw more confusion over an investigation that has often seemed inconsistent, to the dismay of families of those lost.

"Why the hell do you have one confirm and one not?" said Sara Weeks, the sister of New Zealander Paul Weeks, who was on board. "Why not wait and get everybody on the same page so the families don't need to go through this turmoil?"

THE ASSOCIATED PRESS

WORLD WAR TWO

Japan marks 70th anniversary of bombing of Hiroshima

Japan marked the 70th anniversary of the atomic bombing of Hiroshima on Thursday, with Mayor Kazumi Matsui renewing calls for U.S. President Barack Obama and other world leaders to step up efforts toward making a nuclear-weapons-free world.

Tens of thousands of people stood for a minute of silence at 8:15 a.m. at a ceremony in Hiroshima's peace park near the epicentre of the 1945 attack, marking the moment of the blast. Then dozens of doves were released as a symbol of peace.

The U.S. bomb, "Little Boy," the first nuclear weapon used in war, killed 140,000 people. A second bomb, "Fat Man," dropped over Nagasaki three days later, killed another 70,000, prompting Japan's surrender in World War II.

The U.S. dropped the bombs to avoid what would have been a bloody ground assault on the Japanese mainland, following the fierce battle for Japan's southernmost Okinawan islands, which took 12,520 American lives and an estimated 200,000 Japanese, about half civilians.

Matsui called nuclear weapons "the absolute evil and ultimate inhumanity" that must be abolished, and criticized nuclear powers for keeping them as threats to achieve their national interests. He said the world still bristles with more than 15,000 nuclear weapons.

THE ASSOCIATED PRESS

A boy offers prayers after releasing a paper lantern into the Motoyasu River in Hiroshima, western Japan, Thursday. EUGENE HOSHIKO/THE ASSOCIATED PRESS

NUCLEAR SECURITY

Satellite images are showing activity at Parchin site in Iran

Satellite imagery of an Iranian site possibly used for work on a nuclear weapon shows crates, trucks and construction that may be linked to a renewed attempt to clean up before an inspection by the UN's nuclear monitor, a nonproliferation institute said Thursday.

The International Atomic Energy Agency — the UN watchdog — has repeatedly cited previous evidence of possible attempts to sanitize the Parchin site. But the report by the Institute for Science and International Security is significant because the IAEA plans to visit the site soon as part of the deal between Iran and six world powers focused on limiting Iran's nuclear programs in exchange for the removal of economic sanctions.

The institute cited commercial satellite images in an email to The Associated Press, saying they show "renewed activity" at the site. It said that "could be related to refurbishment or cleanup prior to any IAEA inspection or the taking of environmental samples."

It said the images show what appear to be a bulldozer or a steamroller, containers that have been repositioned and two new structures "of unknown purpose" that appeared between late May and early July.

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CLIMATE CHANGE

Walrus numbers dwindle: Hunters

Anna Oxereok grew up eating walrus in the western Alaska village of Wales. Today it's such a rare treat she can't bring herself to part with the plastic bag of meat in her freezer.

"I have to save it for something special," she says.

It's become increasingly difficult to land a walrus. Remote communities at the edge of the Bering Sea are seeing a steep decline in walrus harvested the past several years as temperatures warm and the ocean ice used by the animals to dive and rest recedes farther north.

Walrus, described by some as having a taste between veal and beef, is highly prized by Alaska natives as a subsistence food to store for winter. The sale of carved ivory from the tusks, legal only for Alaska natives, also brings in supplemental income to communities with high unemployment rates. Hunters and scientists say walrus migration patterns are veering from historical hunting grounds.

"I think one of the biggest issues is that things have gotten so variable. It's hard to really predict what's going to happen," said Jim MacCracken, Alaska walrus program supervisor for the U.S. Fish and Wildlife Service. Iver Campbell and other Yup'ik Eskimo hunters from two St. Lawrence Island communities harvested more than 1,100 walrus in 2003.

80%

Instead of buying costly groceries, Alaskans can rely on found resources for up to 80 per cent of their diets.

But a decade later, hunters managed to take only 555 — a fraction of the ideal of one walrus per resident, per year.

Costly store-bought food is not an affordable solution. At village stores, pantry staples quickly add up — nearly $7 for a dozen eggs, $15 for milk and $6.25 for a loaf of basic white bread.

"A decline in the subsistence harvest really creates an economic disaster that threatens the health and welfare of the people in the communities," said Vera Metcalf, director of the Eskimo Walrus Commission.

THE ASSOCIATED PRESS

Man shot by police after showdown at U.S. theatre

SHOOTOUT

Man with axe, pellet gun shot and killed after SWAT standoff

What initially appeared to be another mass shooting at a U.S. movie theatre ended up being an attack by a disturbed homeless man who wasn't armed with a real gun and was eventually shot and killed by police.

Vincente David Montano, 29, bought a ticket for a popular action film at a theatre in Nashville, Tenn., on Wednesday and entered with pepper spray, an airsoft pellet gun and an axe, Metro Nashville Police spokesman Don Aaron said.

Some of the theatregoers in the audience ran outside and alerted police officers who had responded to a vehicle crash nearby, police said in a news release.

South Precinct Officer Jonathan Frith was the first officer to encounter Montano, the news release said.

Montano pointed his pellet gun at Frith and pulled the trigger, prompting Frith to fire one round from his patrol rifle in self-defence, the release said. Frith then backed out of the theatre while keeping Montano contained inside as an elite police unit, SWAT, responded.

> **This individual has had significant psychiatric or psychological issues.**
> Don Aaron, Metro Nashville Police spokesman

At that point, Montano began to use the pepper spray and officers said they encountered a cloud of it as they entered to take Montano into custody. Montano fired his pellet gun again and four SWAT members fired back, the release said. Montano attempted to flee out the rear door of the theatre and as he emerged with axe in hand and started toward officers, five opened fire, according to the release. Montano was struck and killed.

No one other than Montano was killed. One man was cut on the shoulder, evidently by the axe Montano was carrying, and that man, his wife and daughter were treated for pepper spray, Aaron said.

Aaron said police had not uncovered a motive, but he said Montano had been committed for psychiatric treatment at least four times over the past decade.

It wasn't immediately clear why he had been committed or if that commitment was involuntary.

"This individual has had significant psychiatric or psychological issues," Aaron said.

THE ASSOCIATED PRESS

NATURAL DISASTERS PAKISTAN DECLARES STATE OF EMERGENCY A worker in a Pakistan army helicopter drops a bag of relief to villagers stranded in floodwater in Rajanpur, Pakistan, Torrential rains and flash floods have hit various villages and cities across the country. ASIM TANVEER/THE ASSOCIATED PRESS

HUMAN RIGHTS

Uganda bans 'bride price' refunds

Uganda's top court on Thursday banned the practice of refunding bride price — normally livestock given by the groom to his bride's family — when a marriage ends in divorce.

The Supreme Court agreed with activists that the practice undermines the dignity of women but it upheld the practice of paying bride price.

Activists who petitioned the court had hoped the whole culture of giving gifts would be declared unconstitutional on the grounds that it reduces women to the status of property.

Still, Leah Nabunnya, a spokeswoman for a Ugandan group that launched the case, said the court's decision is a victory for women's rights.

"The court's pronouncement is a win for us," said Nabunnya, of the Mifumi Project.

The judges said Thursday that women were not commodities being traded in the marketplace.

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IN BRIEF

China orders removal of social media sex videos

China's top anti-pornography office says it's cracking down on homemade sex videos that circulate through China's social media.

The Office Against Pornography and Illegal Publication said Thursday that cellphone sex videos have threatened to derail social decency, severely disrupted online order and trampled on both moral standards and the law. THE ASSOCIATED PRESS

SWITZERLAND

Climbers missing since 1970 found

Swiss police said Thursday that they have identified the remains of two Japanese climbers who went missing 45 years ago, months after their bones were found on a glacier under the Matterhorn mountain.

A climber found the remains in September at the foot of the Matterhorn glacier, about 2,800 metres (9,200 feet) above sea level, Valais canton (state) police said. They were taken for forensic examination, and experts put together DNA profiles. Police in the mountainous region keep a list of people who have been reported missing since 1925. They said that the Japanese Consulate in Geneva helped them find relatives in Japan, who provided DNA that enabled them to confirm the men's identity— one in June and the other a month later. Police didn't release the names of the Japanese climbers, who were reported missing on Aug. 18, 1970.

THE ASSOCIATED PRESS

Greek creditors say deal is possible by Aug. 20 deadline

GREECE

Bank stocks recover after disastrous three days

Greece's talks with its creditors on a vital third bailout are making "satisfactory progress," the European Union executive said Thursday in its most upbeat assessment so far, as Athens stocks rebounded three days after their worst plunge in decades.

A European Commission spokeswoman, Mina Andreeva, said the lenders are hoping to finalize the 85-billion euro ($92.5 billion US) agreement in time for a major Greek debt repayment in two weeks.

"We believe this is an ambitious yet possible timetable," she said. "Our teams (have been) on the ground (for) almost two weeks, and they report satisfactory progress."

The radical left government on Wednesday said Athens was hoping to avoid extending negotiations and having to seek an interim loan to cover the Aug. 20 payment, worth more than 3 billion euros ($3.27 billion US) to the European Central Bank.

Greece has already received nearly 240 billion euros in rescue loans since it was drummed out of international markets in 2010. But although it tamed budget deficits through severe spending and income cuts, tax hikes and market reforms, the country still requires a third bailout.

The terms of the new loan are being worked out in Athens in talks between government officials and lead negotiators from the European Commission, ECB and International Monetary Fund.

The Athens stock exchange gained 3.65 per cent Thursday, three days after its disastrous opening — when a sixth of listed companies' value went up in smoke — following a forced five-week closure. Banks, which saw huge losses over the past three days, gained a collective 18 per cent. But state budget execution figures released Thursday showed that last year's modest primary surplus — which excludes debt costs — has been all but wiped out in the first half of 2015. The January-June surplus was 238 million euros, compared to 1.8 billion a year earlier.

It was the latest in a string of gloomy figures this week, which reflected the damage wrought by the government's forced decision to close Greek banks at the end of June, to stop depositors emptying their accounts.

Many Greeks feared that talks with creditors were heading for collapse, which would bankrupt the recession-plagued country and force it out of the euro currency union, rendering their savings worthless.

As a result of the capital controls, which remain in place although banks have reopened for limited business, manufacturing, as well as business and consumer sentiment, plummeted, while small businesses' turnover halved in July.

THE ASSOCIATED PRESS

Business owner Katherina Athanasopoulou, posing at the entrance of her workshop in Athens on Thursday, says export orders to Germany have been cancelled because of payment disruptions caused by capital controls in Greece. THE ASSOCIATED PRESS

> **We believe this is an ambitious yet possible timetable ...Our teams (have been) on the ground (for) almost two weeks, and they report satisfactory progress.**
> Mina Andreeva, EC spokeswoman

IN BRIEF

Israel buying locomotives from Bombardier

Bombardier has won a contract from Israel Railways for 62 electric locomotives valued at $260 million US, the railway said Thursday.

The Montreal-based company's transportation division was selected over several international rivals including Alstom and Chinese bidders. The contract includes options for 16 more locomotives.

The locomotives are due to enter service in 2017 and operate on the new Tel Aviv-Jerusalem line. They can haul up to eight double deck cars or 12 single deck cars that can hold up to 1,400 people and travel up to 160 kilometres per hour.

THE CANADIAN PRESS

IBM to pay $1 billion for medical imaging firm

IBM says it will pay $1 billion US to acquire medical imaging and software company Merge Healthcare, part of an effort to boost the health care capabilities of Watson, its cognitive computing system. Merge's technology is used by 7,500 hospitals and doctor's offices to sort medical images and scans.

THE ASSOCIATED PRESS

market minute

DOLLAR 76.29¢ (+0.46¢)

TSX 14,405.91 (-97.08)

OIL $44.66 US (-49¢)

GOLD $1,090.10 US (+$4.50)

NATURAL GAS: $2.813 US (+1.5¢)
DOW JONES: 17,419.75 (-120.72)

TELECOMMUNICATIONS

Growth in wireless subscribers gives BCE's profit a boost

Changes in the rules for wireless contracts gave BCE Inc. an extra bump in new subscribers and helped raise profits by 25 per cent in the second quarter.

The Montreal-based telecommunications company said Thursday that net income was $759 million or 90 cents per share, compared to $606 million or 78 cents a year ago.

The big increase was attributed to a number of other factors as well, including taking full ownership of Bell Aliant last year and gains from the sale of a 50 per cent interest in the Glentel retail business to Rogers Communications.

But it was the addition of 61,000 net postpaid subscribers in the period that stood out as a victory against one of its biggest competitors, Rogers Communications, which managed to deliver just over a third of that growth, or 24,000 customers, in the same period.

Both carriers have been in fierce competition, along with Telus, to retain their wireless customers after the CRTC issued rule changes that eliminate cancellation fees for wireless contracts after two years.

Last year, BCE spent $64 million more on retention costs — like subsidized phones or discounted packages — to keep customers from straying to its competitors.

"We'll definitely see a little lift in retention spend the second half of the year and we'll be able to absorb that within the revenue growth we're seeing on wireless," Cope added.

In its Internet division, Bell added 18,600 net subscribers and 50,000 customers to its IPTV (Bell Fibe) television service. It lost nearly 34,000 subscribers to its satellite TV service.

At the company's media operations, which include TV channels like CTV and TSN, revenues dropped 2.8 per cent to $740 million, as advertising revenues were impacted by both the loss of the broadcast rights to the NHL playoffs and heightened competition from large social media companies.

THE CANADIAN PRESS

Bell Canada's head office in Montreal. THE CANADIAN PRESS

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THE KOHLER REPORT: ON — OH, THERE'S AN ELECTION?

Imagine the NDP wins?! All roads will be replaced by giant, tulip-lined bike lanes

You know how dreams are weird and hard to explain to other people? How when you say to someone, "You were there, but you weren't you. You were a hobbit and we were having root beer floats with Gandalf" they start to slowly back away?

Well, the other day I was talking about Canadian politics and I noticed it sounded an awful lot like I was describing a dream. I realized that I had only tidbits of information that I'd gleaned from Facebook, radio, headlines (which I don't click on) and maybe my dad.

Am I alone here?

The scary thing is, I know some of my friends consider me "informed." Let's compromise and say I'm your average Canadian. Please read on to find out the average Canadian's take on #CanPoli.

Harper and his "people" recently passed a bill called C-51; it's a bill that means if I say bad things about the government, I can be arrested. I think it might be racist, too, but I'm not sure. People were really angry about the bill on Facebook, almost as angry as they were about Cecil the lion. Justin Trudeau was in favour of the evil bill but Thomas Mulcair, leader of the NDP (see, I'm informed), opposed it and that made him a bearded hero.

Now there's an election starting and I hear it's going to be long and expensive, like a wedding weekend for a friend you don't really care about. But what's really crazy is that Mulcair is leading in the polls.

I may not know a lot but I know that the idea of a Canada led by the NDP is up there with pigs flying in a frozen hell. Oddly, even though it's Mulcair who Harper should be most concerned about, the only attack ads I've heard have been aimed at "Justin" and how he's a pot-smoking teenager with great hair who still needs to go through puberty. Did you know that Trudeau's dad was a famous Prime Minister? His name was Pierre and it's kind of a God/Jesus thing — if Jesus had turned out to be a disappointment.

Harper also put an ad online about how he's against the Netflix tax. The ad felt like something you'd see during a high-school election for co-prez but with lesser production value (I was disappointed he didn't promise free fruit punch in the caf at lunchtime).

I'm not sure when we actually vote, but I'll find out when I get that election card in my mailbox. I'll vote NDP because I think I agree mostly with their policies (Netflix tax aside). Imagine the NDP wins?! All roads will be replaced by giant, tulip-lined bike lanes. Everyone will get a free live-in nanny. Prescription drugs will be included in our health care and Gay Pride will be made a national holiday!

Then the country will declare bankruptcy.

Maybe Canadian politics are less a dream, more an acid trip? Either way, I hope you all learned something here today!

Take that, Chantal Hébert.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler.

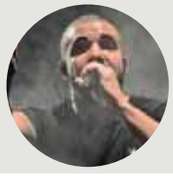
Happy face/Sad face

From **generous brides** to **egregious grooms,**
Metro weighs in on the news making headlines this week

Mill-Drake beef a cash cow for biz?

Companies have taken it u-pun themselves to milk the beef between Meek Mill and Drake. Burger King tweeted a pic of their Whopper with "All these burgers and they still got beef." Texas's Whataburger wrote "Meek Mill take it from us — if you gonna serve beef serve it high quality." Even Rosetta Stone jabbed "We might not be able to translate the latest #MeekMill soundtrack, but we can help you learn languages most ppl speak." The corporate consensus seemed to be that Meek was weak, and their responses were well done.

SOURCE: THE ASSOCIATED PRESS



In sickness and in health of 4,000 refugees

Oh, weddings. All that fretting about the guest list. Do you invite coworkers? Parents' friends? 4,000 Syrian refugees? If you're Turkish couple Fethullah Üzümcüoğlu and Esra Polat, you do just that. The pair opted on their wedding day to put the money towards feeding refugees in the nearby border town of Kilis, which hosts 123,000 Syrians. The charity Kimse Yok Mu tweeted photos of the couple in full bridal outfits helping to serve up meals. SOURCE: THE DAILY BEAST

#ilooklikean engineer – duh

It started with a woman on a San Francisco recruitment ad talking about her job. Much reaction followed, the reasons for which are confusing to normal humans. Isis Wenger is a female, an engineer, and attractive — a combo that proved suspicious for some. Anyway, negative comments inspired a viral hashtag (naturally) with thousands of women tweeting their photos with their engineering roles. IWenger said she hoped to help eliminate "subconscious bias" in tech.

SOURCE: TECHCRUNCH

Honeymoon groom no honey next day

Ladies, let this be a lesson to you: Let your partner see you at your worst. Or, you know, without makeup. Alternate lesson: Don't agree to marry a jerk. An Algerian groom took his wife to court the day after marrying, seeking $20,000 in damages for "psychological suffering." The crime? He did not recognize her the next morning without her full makeup and claims he was frightened and thought her a thief who came to steal his apartment.

SOURCE: EMIRATES 24/7

ROSEMARY WESTWOOD

metroview

What you don't know about fentanyl can kill you: It's time to learn

We need to do something about street drugs.

In just the latest death, 17-year-old Jack Bodie died in Vancouver last weekend after snorting fentanyl. The drug is linked to 75 deaths in B.C. in 2014, mostly recreational users, according to the B.C. Coroners Service.

Days later, his dad spoke to CBC Radio.

"I can't say don't do drugs. That's a false start, and we know that from trying to fight the war on drugs," he said. But, he continued, the casual use of fentanyl is seen as no riskier than having a beer.

Fentanyl is unusually deadly, but street drugs in general pose a dilemma for invincible-feeling teens and 20-somethings, because getting high feels fantastic, and most people don't die from it.

"There's always risk," said a longtime dealer I know, one trusted by his friends to provide a safe high.

He knows his wholesalers well. He tests his drugs to confirm what he's got. He takes marijuana to a special site to test for mould, E. coli and other toxins. It's not a perfect system, but it helps, he said.

"If you don't have that, then you're forced into a dark market that is unregulated, uncontrolled, patrolled by piranhas and devious people."

Some don't care what they sell you and whether it's dangerous.

"Any good chemist can make his pills look like anything these days," the dealer added.

Drug-testing kits are one defence. They could be handed out at walk-in clinics, he suggested, mirroring the harm-reduction tactics of Vancouver's safe-injection site. There could be drug-testing sites at pill-fuelled festivals, equipped with information on drug effects and risks.

Education, he said, is key.

Doctors have said most overdoses at Nova Scotia's Evolve Festival result from a cocktail of drugs, making testing kits a moot point. But what if we knew more about the effects of mixing drugs?

The dealer suggested parents sit down with their kids to explain how street drugs affect the body, for good or ill. And, maybe, that they even offer a safe space to experiment, the way some parents let their teenagers drink booze at home.

B.C. police forces, health authorities and the B.C. Coroners Service agree the public needs the information: They've launched the website knowyoursource.ca. It explains fentanyl, overdoses and how to lower your risk if you decide you use it.

One thing should be very clear to us all by now: What you don't know can kill you. And we know far too little.

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MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
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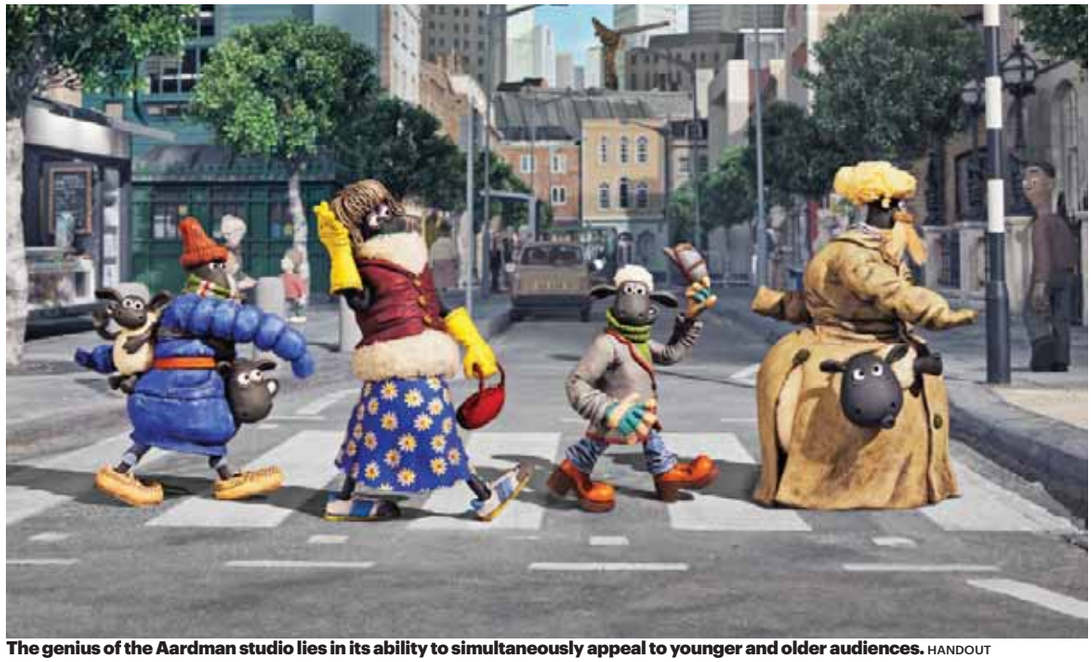
Stop-motion studio's fab four

ANIMATION

Shaun the Sheep only latest triumph by Aardman

IN FOCUS

Richard Crouse



The genius of the Aardman studio lies in its ability to simultaneously appeal to younger and older audiences. HANDOUT

Kids' movies come in all shapes and sizes. This year there's been the introspection and action adventure of Inside Out, Minions mayhem and Paddington's cuddly cuteness. For something completely different, there's the Shaun the Sheep Movie, a stop-motion animated film with virtually no dialogue but lots of fun.

Shaun is a resourceful, if mischievous, sheep who lives with his flock at Mossy Bottom Farm. When he accidentally sets off a chain of events that sees his Farmer get amnesia and become a successful hairdresser in the big city, Shaun tries to bring him back home. Wallace and Gromit fans may recognize Shaun the Sheep from the 1995 short film A Close Shave or his self-titled television series.

Animation fans will also recognize the unmistakable style of Aardman, the British animation studio responsible for bringing the Plasticine inventor Wallace and his dog Gromit to vivid life one frame at a time. Time called their Claymation promo clip for Peter Gabriel's Sledgehammer one of the greatest music videos ever and their first full length film, 2000's Chicken Run, is the highest-grossing stop-motion film of all time.

The beauty of their work is that while it's generally aimed at kids it tickles funny bones young and old. What's the secret to their success?

"We don't make animated films," says founder Peter Lord. "We make films that happen to be animated."

Here's a look at my favourite Aardman films.

Wallace and Gromit: The Curse of the Were-Rabbit

The story takes place days before the annual Giant Vegetable Competition. Wallace and Gromit's pest control company — Anti-Pesto — must do battle with a floppy-eared mutant rabbit who is nibbling on all the oversized vegetables.

The film is loaded with fanciful Rube Goldberg-like contraptions, visual gags, bad puns — the cheese-loving Wallace's bookshelf features titles like East of Edam and Grated Expectations — and double-entendres for the parents in the audience. There is at least one pretty good in-joke in there for film geeks too — a snippet of Art Garfunkel's song Bright Eyes, from the rabbit-themed cartoon Watership Down, is heard on a car stereo. Park also tips his hat to the British love of gardening, King Kong and the Hammer Horror movies.

Pirates! Band of Misfits

It's not every kid's flick that features Queen Victoria, the Elephant Man and Charles Darwin. Pirates! Band of Misfits, however, isn't like most kids' movies. It's splendid side-splitting swashbuckling fun that mixes gentle family friendly humour, with some absurdist Monty Python style gags and Aardman's usual whimsy. There is so much going on here you may want to see this more than once to catch all the sight gags and throwaway lines on offer.

Flushed Away

For the first time ever, Aardman put their clay figures into storage and took a step into the 21st century, making a film that looks a great deal like one of their homemade stop-motion extravaganzas, but is actually computer animated. Flushed Away, the story of an upper class pet mouse flushed down the loo by a bullying rat, features great animation, an all-star British voice cast and something that all kids love — toilet humour.

It swirls along at quite a clip, effortlessly mixing literate verbal and visual jokes — we glimpse a cockroach reading Kafka's Metamorphosis — with potty humour that'll appeal to the kids.

MOVIE RATINGS by Richard Crouse

Fantastic Four ★★
Shaun the Sheep Movie ★★★★
The Gift ★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

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7 HOLLYWOOD MOVIES TACKLE TROUBLED MINDS

This may be the summer of the mental-illness movie. Sympathetic portrayals of people dealing with mental illnesses help broaden public understanding of these little-discussed conditions and show the challenges sufferers face. Here's a look at recent and forthcoming films dealing with mental illnesses **THE ASSOCIATED PRESS**

1 Welcome to Me

Kristen Wiig stars as a woman with borderline personality disorder who wins the lottery. She immediately stops taking her medication and pours millions of dollars into producing her own talk show, where she discusses her high-protein diet, re-enacts formative moments from her life and performs amateur veterinary procedures. Tim Robbins co-stars as her psychiatrist. The film is available to rent online.

2 The End of the Tour

Author David Foster Wallace (Jason Segel) is finishing up his promotional tour for Infinite Jest when he agrees to an interview with Rolling Stone reporter David Lipsky (Jesse Eisenberg). Lipsky alternately tries to befriend and prod Wallace, who becomes increasingly frustrated and self-conscious. The film is based on Lipsky's book, which was published after Wallace's 2008 death.

3 What Happened, Miss Simone

This biopic shows the life of Nina Simone, from her public persona as a renowned singer, pianist and civil rights activist to her private struggles with abusive behaviour and bipolar disorder. This documentary, which premiered at the Sundance Film Festival, is available on Netflix.

4 Amy

A look at the talent and career of Amy Winehouse, and how fame and her battle with bulimia, depression and addiction contributed to her death at age 27. The film is in theatres now.

5 Love & Mercy

Focused on two significant periods in the life of The Beach Boys songwriter Brian Wilson. Paul Dano plays the musician in the late 1960s, when he experienced a creative surge and the onset of mental illness. John Cusack plays Wilson later in his life, overmedicated and controlled by a domineering psychiatrist (Paul Giamatti) until he finds love with future wife Melinda Ledbetter (Elizabeth Banks). The film is in theatres now.

6 Infinitely Polar Bear

Writer-director Maya Forbes based this story on her own childhood experiences. Mark Ruffalo plays a bipolar dad hospitalized after a mental breakdown. Upon his release, he's left to care for his two young daughters when his wife (Zoe Saldana) goes away to graduate school. The film is in theatres now.

7 I Smile Back

Sarah Silverman stars as a deeply troubled suburban mother struggling with the destructive effects of an unnamed mental condition. She complains that lithium makes her gain weight, so she self-medicates with cocaine, alcohol and promiscuous sex, endangering the life she loves with her adoring husband and their two kids. The film is scheduled to be released in October.

HOLLYWOOD

Gilded actress Theron inhabits dark places in latest role

Despite being one of the most successful stars in Hollywood, Oscar-winning actress Charlize Theron is painfully aware of how rare it is in popular film to come across a fully realized female protagonist that has some edge.

"It's really interesting when you get to play a woman that is layered and conflicted and has certain human attributes that might not be that attractive, which is part of the human condition," she says.

"Somehow, because we haven't seen enough of it in cinema, it kind of sticks out like a soar thumb and people comment on it."

While she's not a fan of the state of female characters in movies, she understands why people are focused on them.

"People are talking about it because there has been such a lack of it," she says.

"I can't say that I'm attracted to angry, dark people. I think what I'm attracted to is characters to me that feel very truthful to the embodiment of a full woman. It's just refreshing to see women like Gillian write women like that. It feels authentic and real."

Some keeping an eye on Theron's career have suggested that she might be drawn to these types of darker roles because of her own rocky history — Theron's mother shot and killed her abusive husband in self-defense in 1991.

But the Oscar-winning actress insists those people are seeing connections where there aren't any. "It's a very easy assumption to make that because I had a very tragic event happen in my life, that that was why I wanted to make this story, and it couldn't be further from the truth.

"There really aren't any similarities. The circumstances of this tragedy has absolutely nothing in common with the tragedy that happened in my life," she says.

"I think that the correlation in this that people can relate to is that we all come from this family structure that we don't get to choose necessarily," Theron says.

"I have yet to meet somebody that doesn't have some form of skeletons in their closet from the family life that they lived."

NED EHRBAR/METRO HOLLYWOOD

Charlize Theron stars in Dark Places. CONTRIBUTED

Marvel's first family is struggling

FANTASTIC FOUR

This franchise has had some serious growing pains

Kate Mara as Sue Storm, and Michael B. Jordan as Johnny Storm in a scene from Fantastic Four. BEN ROTHSTEIN/TWENTIETH CENTURY FOX VIA THE ASSOCIATED PRESS

While Marvel's X-Men and the Avengers have built their big screen empires into well-oiled billion-dollar franchises, the Fantastic Four have floundered with never-was and the never-should-have-been adaptations.

First there was the Roger Corman-produced film that was killed before it hit theatres in 1994, and then two critically loathed, but decently profitable attempts in the mid-2000s with future Captain America Chris Evans as the Human Torch.

The Fantastic Four are among Marvel's longest-running series and most beloved groups. Created by Stan Lee and Jack Kirby, the scientists-turned-superheroes were relatable and wry in their interactions as a team — even when they weren't fighting supervillains.

When it debuted in November 1961, it was a refreshing revelation that helped inform the Marvel voice and set a path for Iron Man and Spider-Man.

The family aspect is derived from the brother and sister pairing of Sue and Johnny Storm, the bond between the four after they get powers, and the fact that Sue and Reed Richards eventually become Marvel's most stable couple.

But the movies have yet to get them right, or devise a structure to introduce them to fans and potential fans.

So much like Sony's two Spider-Man reboots, Fox is trying again to resurrect the first family with a cast of fresh faces in Miles Teller, Michael B. Jordan, Kate Mara, and Jamie Bell, and a promising but essentially untested director at the helm in Josh Trank. The film opens Friday.

Trank's breakout, the found footage sci-fi thriller Chronicle was the kind of sleeper hit that can make a novice filmmaker's name in Hollywood. Produced for a mere $12 million by Fox, Chronicle ended up making $126 million worldwide in 2012.

It would also be the unintentional tryout that made Trank a no-brainer to revive the thematically similar Fantastic Four.

Fox set Simon Kinberg, who'd already succeeded in helping craft the worlds of X-Men: First Class and X-Men: Days of Future Past, to produce and co-write the origin story.

Trank cast his Chronicle star Jordan as Johnny Storm/Human Torch, who suggested his That Awkward Moment co-star Miles Teller for the part of the genius scientist Reed Richards/Mister Fantastic. Mara and Bell came aboard too as Sue Storm/Invisible Woman and Ben Grimm/The Thing and they were off, each knowing that success could mean a multi-film, multi-year commitment.

Bell said Trank promised his cast a "small, human approach" to the larger-than-life story about a these humans who get superpowers after a violent accident. Mara said she latched on to the proposed tone and his ambitions to make a "completely different and a modern take on the comics." Teller, who has been transitioning between the indie and studio world with roles in Whiplash and the Divergent films was intrigued by the opportunity to be part of something this size.

"(Trank) talked about the body horror of it and how these kids were going to have to deal with this trauma before they could harness it. Before they could combat evil Doctor Doom, they were going to have to transition to that place. I was interested in the transition of it," said Teller.

Late game reshoots caused some speculation that the film had problems. But, reshoots are fairly standard for big films. It was mostly a headache getting the cast — all of whom were off shooting other films — into the same room.

In the midst of this, eyebrows were further raised after Trank's mysterious no-show at the fan event Star Wars Celebration, and his subsequent abrupt departure from the Star Wars anthology film he had been slated to direct.

Though Trank did appear at Comic-Con, he's not been a fixture on the promotional circuit for Fantastic Four, and was not made available for this article.

.THE ASSOCIATED PRESS

Now playing

DRAMEDY

Ricki and the Flash

Director: Jonathan Demme
Starring: Meryl Streep

In a film loaded with live performances, Meryl Streep stars as Ricki, a guitar heroine who gave up everything for her dream of rock 'n' roll stardom, but is now returning home to make things right with her family. Streep stars opposite her real-life daughter Mamie Gummer.

ROTTEN TOMATOES™ SCORE
Critics: 61% Audience: 87%

DRAMA

Dark Places

Director: Gilles Paquet-Brenner
Starring: Charlize Theron, Christina Hendricks

Twenty-five years after testifying against her brother as the person responsible for massacring her entire family, a haunted woman (Charlize Theron) is approached by a secret society that specializes in complex, unsolved cases. Based on the novel by Gillian Flynn.

ROTTEN TOMATOES™ SCORE
Critics: 35% Audience: 94%

MYSTERY & SUSPENSE

The Gift

Director: Joel Edgerton
Starring: Jason Bateman, Rebecca Hall

Simon and Robyn are a young married couple whose life is going just as planned until a chance encounter with an acquaintance from Simon's high school sends their world into a harrowing tailspin. After a series of uninvited encounters and mysterious gifts prove troubling, a horrifying secret from the past is uncovered.

ROTTEN TOMATOES™ SCORE
Critics: 92% Audience: 79%

House music DJ Marc Kinchen a.k.a. DJ MK went from jamming in basements to a major Twitter shout-out from Mercdes Benz for his Look Right Through remix. CONTRIBUTED

House brings DJ MK to life

EDM

After a bunch of dead ends, Mark Kinchen hits a groove

Jesse Ship
For Metro Life

DJ MK was a sleeping giant.

It's safe to say that you're kind of a big deal when Mercedes-Benz is gushing about your songs on Twitter.

"It was totally random. All my friends were texting me about how Mercedes said they love playing my remix of Look Right Through in their vehicles!" laughs globe-trotting house music deejay Marc Kinchen, a.k.a. DJ MK, who started his career as a DJ/producer as a teen in the late '80s.

"Growing up in Detroit, music was really big, I had a band in high school and it seems like everyone was influenced by Prince. Everyone wanted to be in a band, sing and write songs."

Like most kids making music, they jammed in their basements. "It was unorthodox. We didn't know what we were doing. It's not like we spent a lot of time with record producers, but we thought we knew what we were doing. You didn't have to learn a lot back then about technology because there just wasn't that much to work with."

A lot has changed since then. After moving to New York and attaining a cult following in the underground scene MK became a go-to for record labels to remix their pop artists. In 1993, his remix of Celine Dion's Let It Go became a surprise No. 1 Billboard hit in the dance division, but the label still had no idea he even existed.

> **"In the '90s where hip hop was the biggest thing, now house music is what that was**
> Mark Kinchen a.k.a. DJ MK

"I looked up to Quincy Jones at the time and that's where I wanted to be. Outside of the cool kids, house music wasn't getting the respect from the higher-ups in the business."

Instead, Kinchen worked his connections and wound up producing for Jay-Z, but the pop world was disillusioning. While he earned the respect he always wanted, the power politics of the industry turned him off. "It became too political. It became all about who you know, and who you can give kickbacks to," he shrugs with an audible "meh!"

That wasn't for him, either.

He then scored a stint in L.A. as Will Smith's in-house producer following his Big Willie Style album, but wound up working on his films instead. Another dead end.

It wasn't until Pitbull sampled his catchy, but ever-so-cheesy horns for Hotel Room Service from one his classic '90s records that he was rediscovered as a House music deejay, and MK was on his way back to the top, rubbing shoulders with the Diplos and Calvin Harrises of the day.

"In the '90s where hip hop was the biggest thing, now house music is what that was." House music is pop music really, he says, and business is booming.

"The roles are totally reversed now. Record label presidents are now calling to get an MK remix. That's what I wanted it to be like in the '90s, but it just wasn't ready yet."

While there are still a few months to go before his first studio album drops, his new single, a summery '90s-tinged anthem Bring Me To Life featuring the 18-year-old vocalist Milly Pye, has just been released.

MK is a regular on the Ibiza club circuit but you can catch him in Toronto on Friday Aug. 7 at The Hoxton as part of their Focus Fridays series.

metro TRAVEL
Your essential daily news

Italy earmarks 18.5-million euros to rebuild Colosseum arena floor

Best of the Pacific Northwest

What could be better than hitting the highway to see the sights in summertime? Kicking back and letting the rails carry you instead. Rocky Mountaineer's Coastal Passage Route connects Seattle with Vancouver and the Canadian Rockies, winding through scenic canyons and past sparkling waters with rich marine ecosystems. Here are some of the gems passengers will experience on this route. METRO

1 Mount Robson

The most prominent mountain in the North American Rocky Mountain Range, Mt. Robson is also the highest point in the Canadian Rockies and one of the first dramatic sights travellers will see aboard Rocky Mountaineer.

2 Pyramid Falls

Located on the east side of the North Thompson River, the beautiful Pyramid Falls are 300 feet high and cascade that distance in two large drops before flowing under the railway tracks and into the North Thompson.

4 San Juan Islands

After crossing the border, views of the beautiful San Juan Islands will slowly come into sight. And if travellers are lucky, they might even catch a glimpse of an orca whale or two.

ALL PHOTOS ISTOCK

3 Hell's Gate

Travelling through the scenic Fraser Canyon, Rocky Mountaineer's guests will overlook a strange and beautiful site: 750 million litres of water travelling a 33-metre-wide passage. Known as Hell's Gate, it is one of the most treacherous passages on British Columbia's gold-bearing Fraser River.

5 Chittenden Locks

As guests near the end of the route, they'll see a complex system of locks at the west end of Salmon Bay. Part of the Lake Washington Ship Canal, the Chittenden Locks provides a link for boats between the salt water of Puget Sound and the fresh water of the Ship Canal.

SOURCE: ROCKY MOUNTAINEER

2016 OLYMPIC HOST

Wildlife, ancient pyramids among South America's treasures

ON THE MOVE
Loren Christie

One year from now, the world will be descending on Brazil when Rio de Janeiro hosts the 2016 Olympic Summer Games. If you want to join in on the biggest celebration of sport on Earth now, is the time to book.

CoSport is the authorized Olympic ticket reseller for Canada and the only official source for buying Olympic tickets and packages. According to CoSport, tickets are currently available for a variety of events at a range of prices. Hotel and ticket packages, which include two-, three- and four-star accommodation options, are also available. Go to cosport.com to book.

Kim Vincent, the product and business development manager for Globus Family of Brands in South America, also recommends making your arrangements now. According to her, planning a trip to Rio during the Olympics will be tricky as the hotels will likely hold back part of their inventory until closer to the start of the Games. If you can find something now, book it.

Brazil is the third-most popular destination for Globus in South America and if you are planning to head down, Vincent recommends going beyond Rio de Janeiro. Some of her suggestions include visiting Iguazu Falls, booking a lodge experience or cruise on the Amazon, or heading to the Pantanal , the country's wetlands.

"Go out with a naturalist to see the animals by foot, boat or horseback," she says. "Unlike the Amazon there is no jungle canopy so it's a great opportunity to see wildlife such as giant anteaters, anacondas and jaguars."

With a successful World Cup behind it and preparations for the Olympics well underway, Brazil has taken big steps in improving the safety and security of the country's tourist zones. Vincent says she has always felt comfortable in the country and no one needs to worry beyond taking any normal precautions when you travel.

If your trip planning should take you beyond the borders of the Olympic host country, consider checking out the Chilean fjords, the Galapagos Islands or Peru. In addition to Machu Picchu, the Inca Trail and Sacred Valley, the coastal region and northern Peru are all well worth spending time in. A one-hour flight from Lima, the Valley of the Pyramids in northern Peru is home to the remains of an ancient civilization that predates the Incas. Peru is also one of the few countries in South America that does not require Canadians to purchase a visa to enter the country.

Cincinnati a baseball mecca

OHIO

All-Star host city ready to play ball with tourists all year round

The city that hosted baseball's All-Star Game last month was the home of a team that played like all-stars back in 1869.

The Cincinnati Red Stockings went 57-0 that year as baseball's first officially professional team. Player-manager Harry Wright's team added new players before the season, led by his brother, George, who was credited with a .633 batting average and 49 homers. Disbanded because of financial issues after two seasons, the team is being honoured this summer with a variety of hometown homages.

So, even though the powdered rosin has settled following the All-Star Game on July 14, Cincinnati still has plenty to love for baseball fans. Here are some of the offerings on hand to learn more about the city's rich baseball history, as well as other milestones of America's Pastime.

A visitor browses a display commemorating former Cincinnati Reds player and manager Pete Rose in the Kings of the Queen City exhibit at the Cincinnati Reds Hall of Fame and Museum. PHOTOS BY JOHN MINCHILLO/THE ASSOCIATED PRESS

See the wall of balls

Adjacent to the Great American Ball Park, where the All-Star Game was played, the Reds' own Hall of Fame and Museum is filled with artifacts and interactive exhibits covering Cincinnati players from the Wrights to the "Big Red Machine" of the 1970s to the current team.

Chief curator Chris Eckes says it's difficult to estimate the number of artifacts and display items, which include historic baseballs, uniforms, gloves, documents and photos. Start counting with a wall of 4,256 baseballs representing hometown star Pete Rose's record career-hit total.

Special exhibits this summer are Stars of the Queen City, about Reds' all-stars through the years, and one on Tony Perez, the Cuban-born slugger also in the National Baseball Hall of Fame who later this summer will become the latest Reds star honoured with a statue outside the park.

Wear your black socks

The Reds' museum and Legacy Tours have teamed up for a guided 90-minute walking tour called "1919 — The Year That Changed Baseball" focusing on a colourful cast of characters from that era led by Reds president August "Garry" Herrmann.

Herrmann is credited with brokering the deal that helped form the modern major league and giving Cincinnati its first World Series title, a distinction that was marred after eight members of the Chicago White Sox were banished from baseball for fixing the Series by "throwing" it to the Reds in what became known as the Black Sox Scandal.

A wall of 4,192 baseballs at the museum to commemorate Rose's Sept. 11, 1985, record-breaking hit.

The museum has added Sunday tours to its regular Saturday lineup, and will run through October.

One game, many people

The National Underground Railroad Freedom Center has a new exhibit called Diversity in Baseball celebrating barrier-breaking players: black, Jewish, Native American, Latino, Asian and female — such as stars of the women's professional baseball league started during the Second World War as told in the movie A League of Their Own.

There are also displays on Jim Abbott, who overcame being born without a right hand to become a successful big-league pitcher who threw a 1993 no-hitter, and umpire Dale Scott, who last winter came out as gay. THE ASSOCIATED PRESS

THE BIG BAM

The Cincinnati Museum Center in Union Terminal has the Queen City Baseball: Diamonds & Stars exhibit. A highlight is the audio playing in the background of Waite Hoyt's last Reds radio broadcast in 1965. Hoyt, a Hall of Fame pitcher, called games for more than two decades for the Reds while plugging for sponsor Burger Beer. An on-air trademark was his tales during rain delays about former New York Yankees teammate Babe Ruth. A typed script on display at the museum recounts Ruth's love for driving at high speeds, leaving a trail of chicken carcasses behind on country roads.

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TRAVEL NOTES

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To mark its 25th anniversary, Quark Expeditions is offering up to 25 per cent off bookings made and paid for before Sept. 30, 2015, for select cruises to Antarctica from Nov. 1, 2016 to March 15, 2017. This deal includes nine express-style fly/cruise voyages that get you to the seventh continent even quicker. Visit QuarkExpeditions.com.

Scam alert
Beware of any "robocalls" you may get, even on your mobile phone, that appear to be from a hotel chain or airline, offering you free rooms or a flight discount and asking you to "press one" to collect. These are scams perpetrated to gain info about you that should remain private. Report these calls to the Canadian Anti-Fraud Centre at 888-495-8501.

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Antarctic adventure awaits. TIM STEWART

Phone scams sound too good to be true. PEXELS.COM

Andaz Peninsula Papagayo, Costa Rica. CONTRIBUTED

metro SPORTS
Your essential daily news

Ryan Lochte won a record fourth straight gold in 200 IM at the swimming worlds

Tiebreaker on the line

CFL

Win would give Redblacks season series over Alouettes

The Ottawa Redblacks aren't worried about being rusty coming off a bye week, especially with the chance to clinch a season series with a division rival at stake.

The Redblacks look for their second win of the season over Montreal when they host the Alouettes on Friday night in front of a sold-out crowd at TD Place. A win would ensure the Redblacks have the tiebreaker should the teams wind up with the same record at the end of the season.

"You want to play every game with the same intensity, but there's no denying there's a little more adrenalin when you're playing a rival," said defensive back Antoine Pruneau. "Everyone seems ready to go and the focus is there. I think it helped that we came back a day early and had time to get a couple days of practice in before focusing on Montreal."

The Redblacks (3-2) defeated the Alouettes (2-3) 20-16 in the season opener. The Alouettes are a different team from Week 1, but the Redblacks say they too have made huge strides and are playing with a lot more confidence.

"Their offence is a little different from last time we played them and I know our defence is going to be prepared for them," said Redblacks receiver Brad Sinopoli.

"Ideally we want to start early. Most of our games we've had a slow start and had to come from behind and claw our way back to get into it. Being at home we want to get the fans on our side and hopefully score a quick one and go from there."

Ottawa knows it will need to find a way to contain Montreal quarterback Rakeem Cato if they hope to stop the Alouettes offence. Cato has been impressive in his four starts, going 2-2 finding immediate chemistry with his receiving core.

"He's a good thrower and he reads stuff well," said Ottawa coach Rick Campbell. "He has the ability that if the play breaks down he can scramble so we need to be smart in our pass-rush lanes and try and keep him in the pocket so he doesn't run around and do damage with his feet."

In Ottawa's last game, a 29-26 home win over Calgary in Week 5, the Redblacks scored in the first quarter for the first time this season on a touchdown with 19 seconds remaining. The Redblacks have yet to lead a game at the end of the first quarter, but have managed to split the four games in which they trailed after the first 15 minutes.

THE CANADIAN PRESS

Redblacks Jerrell Gavins, top, and Travis Brown bring down the Alouettes' Tyrell Sutton in Montreal on June 25. GRAHAM HUGHES/THE CANADIAN PRESS

> **There's no denying a lot of our wins have been comeback wins ... we don't panic as a team if we get down.**
> Antoine Pruneau

WEEK 7 PICK

Alouettes at Redblacks, 7:30 p.m. Friday

Ottawa (3-2) hasn't played since upsetting Calgary 29-26 on July 24. Quarterback Henry Burris threw for 389 yards and three TDs in that game and receiver Chris Williams had seven catches for 162 yards and a touchdown. The Redblacks won the first meeting of the season 20-16 as Montreal (2-3) lost both starter Jonathan Crompton and backup Dan LeFevour to injury, forcing Canadian Brandon Bridge to finish. But rookie Rakeem Cato is the Alouettes' starter now.

Pick — Montreal

R.A. Dickey
NATHAN DENETTE/THE CANADIAN PRESS

MLB

Speed on Dickey's knuckleball kills

Back on May 15, after R.A. Dickey was pounded by the Houston Astros for seven runs on 10 hits, including two homers, the 40-year-old knuckleballer made a stark admission, rare for a professional athlete.

"The truth of the matter is I'm searching right now," he said back then. "Searching for answers, for consistency."

Dickey was lugging a burdensome 5.76 ERA through the season's first six weeks. He was walking batters and giving up home runs at a distressingly high clip. So he and pitching coach Pete Walker got to work trying to solve the problem, studying video of his time with the New York Mets to try to identify what was different about his delivery. They made a few tweaks and Dickey's performance improved almost immediately.

Since the beginning of June, Dickey has compiled a 2.70 ERA over his last dozen starts, while dramatically lowering his home run rate. In four starts since the all-star break, Dickey has actually been one of the best pitchers in baseball, allowing just three earned runs while averaging more than seven innings per outing. He hasn't given up a single homer and opposing batters are hitting just .171 off him.

He hopes to continue that trend Friday in New York as the Jays open their biggest series of the season against the first-place Yankees, against whom Dickey owns a 2.43 career ERA.

If you had to point to one reason for Dickey's improved performance, it would be his increased velocity. "That and I've been consistently more in the strike zone and I think there's a correlation between those two," he said earlier this week. "The slower the knuckleball the bigger the break a lot of the time, so it's tougher to keep in the strike zone." TORSTAR NEWS SERVICE

THE NUMBERS

Month	Average velocity	ERA
April	75.2	5.23
May	75.6	6.27
June	76.5	3.32
July	77.2	2.57
August	77.9	0.00

NHL

Police probe Kane

The NHL says it is "following developments" of a police investigation involving Chicago Blackhawks star Patrick Kane.

The Blackhawks said they are in the process of gathering information and declined further comment. The Buffalo News first reported the investigation Thursday.

Neighbours of Kane, who lives in Hamburg, N.Y., in the off-season, told the Chicago Tribune that police arrived at his lakefront property Sunday night and that several plainclothes officers entered his house using flashlights. At least one wore gloves and was seen taking pictures out front.

Hamburg Police Chief Gregory Wickett would not describe the nature of the investigation or confirm one exists.

> **It would not be appropriate to provide further comment at this time.**
> Kane's agent Pat Brisson

"If and when an arrest is made, we will provide the information," he said.

The investigation comes after Chicago's third Stanley Cup in six seasons. Kane has been lauded in recent years for his growth after several off-the-ice incidents earlier in his career.

Kane, who turns 27 in November, was scheduled to bring the Stanley Cup to Buffalo this weekend, but it's unclear whether that will happen.

THE ASSOCIATED PRESS

Patrick Kane GETTY IMAGES

Walker-Young's lofty ambition

PARAPAN 2015

Chef de mission wants Team Canada back on top again

Elisabeth Walker-Young
PARAPAN HANDOUT

Elisabeth Walker-Young watched from her Vancouver home as Canadian athletes shone in front of jam-packed crowds at the Pan American Games earlier this month. Now it's time for her team to do its part.

Canada is gunning for a top-three spot in the medals table at the Parapan Am Games, which open Friday, and like its Canadian Pan Am predecessor, is fielding its biggest team ever — 216 athletes.

"Seeing their performances, and seeing them wear the red and white with pride, our athletes always build off of that," said Walker-Young. "Watching them and seeing Curt (Harnett, Canada's chef de mission for Pan Ams) lead the team, I don't know how we couldn't come in and be proud."

The four-time Paralympian in swimming is Canada's chef de mission for a Parapan Am squad that is looking to get back to a lofty spot it once occupied among the world's best.

At the Parapan Ams four years ago in Mexico, Canada finished eighth in gold medals, and fifth in overall medals. Brazil dominated the Games, winning 197 medals and a year out from hosting the Rio Paralympics, will be a force to contend with in Toronto.

"The Canadian Paralympic goal is to become leaders once again in the Paralympic movement."
Canada's chef de mission Elisabeth Walker-Young

The U.S. won 132 medals in Mexico, while the host country finished with 165. Canada brought home 63 medals from Guadalajara. "We used to be leaders in the Paralympic nations, the Canadian Paralympic goal is to become leaders once again in the Paralympic movement," Walker-Young said. THE CANADIAN PRESS

MLB PHILLIES FALL TO GREINKE MAGIC Los Angeles starting pitcher Zack Greinke rounds the bases after hitting a third-inning home run in the Dodgers' 10-8 win over the Phillies on Thursday in Philadelphia. Greinke (11-2) gave up five runs before recording an out and finished with six runs allowed and seven hits in six innings. MATT SLOCUM/THE ASSOCIATED PRESS

MLB IN BRIEF

Wacha digs deep for Cards
Michael Wacha gave the Cardinals' tired bullpen a respite by throwing seven innings in the rain on Thursday afternoon, and St. Louis pulled away to a 3-0 victory over the Reds in Cincinnati, taking yet another series from its NL Central rival.

Kinsler caps Tigers' win over Kansas City
Ian Kinsler hit a two-run homer off Ryan Madson in the ninth inning to lift the Detroit Tigers to a 8-6 win over the Kansas City Royals.

Jose Iglesias led off with a single against Madson (1-2) before Kinsler hit a 2-0 fastball into the bullpen in left field.

Desmond does damage to D-Backs as Nats roll in D.C.
Ian Desmond broke out of a prolonged slump with a home run and a double, and Bryce Harper reached base five times to help Washington beat Arizona 8-3.

Desmond's 12th homer of the season ended a 2-for-35 skid. THE ASSOCIATED PRESS

Former world heavyweight champion, Lennox Lewis.
THE CANADIAN PRESS FILE

'KO IN TO'

Lennox Lewis puts weight behind boxing push

Lennox Lewis wants to revive pro boxing in Canada.

The former undisputed world heavyweight champion is the frontman and one of a group of promoters that hopes to take a sport that has faded everywhere in the country expect Quebec and put it back in the national consciousness.

"Montreal has carried the flag for the rest of Canada," Lewis said Thursday. "Now I'm coming on board because I want the rest of Canada to come on board.

"I want to give an opportunity to young kids to box as professionals."

It will start with a fight card Sept. 11 at the Ricoh Coliseum in Toronto featuring Adonis Stevenson's sixth defence of his World Boxing Council light heavyweight title against unheralded American Tommy Karpency. The card is tagged "KO in TO."

Montreal's top promoter Yvon Michel will team up with Global Legacy Boxing, headed by Lewis and Toronto businessman Les Woods, and Maple Leaf Sports and Entertainment to put on the show. It will be part of fight manager Al Haymon's Premier Boxing Champions series on U.S. television.

It is the first world title fight in Toronto since Aaron Pryor defended his light welterweight belt against Nick Furlano in June 1984.

If all goes well, there are plans for more fight cards in Toronto, perhaps at the Air Canada Centre, as well as shows in other Canadian cities including Vancouver and Calgary. THE CANADIAN PRESS

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Ready in
Prep time: 10 minutes
Cook time: 4 minutes

Serves 6.

Ingredients
Dressing
- 2 Tbsp orange juice concentrate
- 2 Tbsp olive oil
- 1 Tbsp honey
- 1 Tbsp lemon juice
- 2 tsp sesame oil
- 2 tsp soy sauce
- 1 tsp minced garlic
- 3/4 tsp minced ginger root
- Salt and pepper

Salad
- 2 large ripe peaches sliced in half, pit removed
- 6 cups arugula or baby spinach
- 1 small romaine head, chopped into bite size pieces
- 1/2 cup sliced red onion
- 1/3 cup toasted pecan halves
- 2 oz crumbled goat cheese

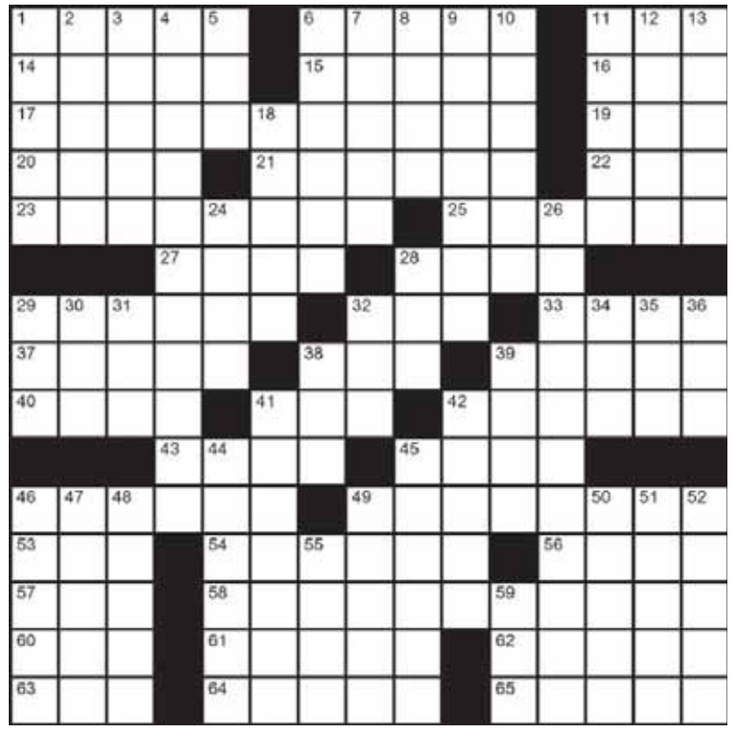
Directions
1. Dressing: Combine all the dressing ingredients in a small bowl.
2. In a hot grill pan or barbeque, grill peaches for two minutes per side. Remove to cool. Cut into wedges.
3. In a large serving platter, combine lettuces, onion, pecans and goat cheese. Add dressing and mix well.

Nutrition per serving
- Calories 190
- Protein 5 g
- Carbohydrates 13 g
- Fibre 4 g
- Total fat 14 g
- Saturated fat 3.5 g
- Cholesterol 5 mg
- Sodium 105 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Pro golfer Mr. Watson
6. __ Bell (Anne Bronte's pen name)
11. Everybody
14. "We're finally __ own." - Neil Young, "Ohio"
15. Trombone part
16. Grassland
17. Area of dunes in Spruce Woods Provincial Park in Manitoba: 2 wds.
19. Lodge
20. Perform, like Shania Twain
21. "You __ there." (Comment made to the no-show-ee)
22. Famous
23. Ms. Jolie
25. Julia Louis-Dreyfus role
27. Take 15
28. _-friendly
29. Blood glucose test finger pricker
32. 'Lion' suffix
33. Actor, __ Michael Murray
37. Ms. Remini's
38. Insect immobilizer
39. Prefix to 'graph' (Record player)
40. Mlle. cousin
41. Feel awful
42. Fireplace part
43. Not is
45. Audition-er's hope
46. Madonna song: "__/Ashtangi"
49. Celebration of Greek cuisine in Toronto: Krinos Taste of the __ (August 7th to August 9th, 2015)
53. Soup sort
54. __-waist dress
56. Ms. Loughlin of "Full House"
57. Prime Minister, e.g.
58. Canadian author of Sea of Slaughter: 2 wds.
60. Wedding words
61. Coral reef type
62. Showbiz bigwig
63. Hosiery hue
64. Au courant
65. Anna Karenina, written __ __ Tolstoy

DOWN
1. Elvis song: "__ Nova Baby"
2. Remove a brooch
3. Comics sound effect for the noise a spring makes!
4. Harvey's, for one: 2 wds.
5. Jackie O's hubby
6. Acquiesce
7. Ms. Bow, the girl in "It" (1927)
8. Prong
9. Peculiarity
10. Chocolate company
11. Excuse in court
12. Russian leader, b.1870 - d.1924
13. Jessica of "American Horror Story"
18. "The __" by Chubby Checker
24. Spike and Bruce
26. Dig It! August = __ Month, in Ottawa
28. PC 'key'
29. Bean and Cool J
30. __ Lingus (Ireland's flyer)
31. Natalie Cole's father
32. Water wiggler
34. Vertical's opp.
35. "__-Man" (2015) starring Paul Rudd
36. Play-__
38. Drollness
39. Ill-gotten riches
41. Create cartoons
42. Tea sweetener
44. Tennis great Mr. Edberg; or, "The Vampire Diaries" character
45. Seldom
46. Divvy up
47. Ms. Hopper of Hollywood's heyday gossip
48. Tori Spelling's father
49. Some pickles
50. Spur's small spiked wheel
51. Air conditioners company
52. "One __ (__ the Body)" by The Rolling Stones
55. Ship's figurehead site
59. Fairy queen in literature

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You must control your temper even if you have good reason to be angry. The current cosmic picture makes disputes look bigger than they are.

Taurus April 21 - May 21
What happens over the weekend is likely to throw some of your assumptions into disarray. It may be a painful experience but it is also a useful one, especially if it inspires you to see things from a different point of view.

Gemini May 22 - June 21
Something in your life is coming to an end. If you try to hold on to it any longer it will be snatched from your grasp by forces much greater than you know how to deal with. Bow to the inevitable.

Cancer June 22 - July 23
There is so much that you need to stay in control of that you are beginning to fear it could all fall apart. If you stay cool, you will come through unscathed. Trust yourself.

Leo July 24 - Aug. 23
You will have to give up something and it won't be an enjoyable experience. However, its presence in your life is blocking even better things from coming in. Let it go.

Virgo Aug. 24 - Sept. 23
You will find yourself pulled between extremes over the next 24 hours. Find ways to put off making a decision as long as you can. You are under no obligation to choose one path or the other.

Libra Sept. 24 - Oct. 23
You are spending too much time and energy on something that is of no real importance. Get your priorities in the right order. If you don't, the planets may force it on you.

Scorpio Oct. 24 - Nov. 22
You may never goes back on a decision but you will have to make an exception to that rule today. Once the consequences come into focus you will quickly realize you got it wrong.

Sagittarius Nov. 23 - Dec. 21
Try to focus on what you have in common with other people rather than on what divides you. The current cosmic picture is making arguments more likely, but don't forget you have free will.

Capricorn Dec. 22 - Jan. 20
According to the planets you have reached a point of no return. You have no choice now but to push ahead into the unknown. Where is your sense of adventure?

Aquarius Jan. 21 - Feb. 19
Strive to stay on good terms with partners and colleagues. If you fall out it may be a long time before you get the chance to patch things up.

Pisces
Feb. 20 - March 20
At some stage today or over the weekend you will have to decide whether to follow your dream or to scale back your aspirations and take the same well-trodden path that so many have taken before you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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